

# Health Y Workers

The Council on Alcohol  
and Drugs—Houston  
Houston, TX



# Grant Team

- Council on Alcohol and Drugs—Houston
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  - Erin Rice
- RTH Research Group, LLC
  - Roberto A. Trevino, Ph.D.
  - Alan J. Richard, Ph.D.
- Partnering Worksites
  - 5 employers in the service and retail industry (Phase I) with 120 participants (60 control and 60 experimental)
  - 10 employers in the service and retail industry (Phase II) with 600 participants (300 control and 300 experimental)
  - Three age groups: 16 to 17, 18 to 20, and 21 to 24 years



# Goals

- To test the effectiveness of DFBH workplace prevention program (Health **Y** Workers)
  - Specifically, we will test the extent to which HYW:
    - Reduces work-based risk factors for substance abuse
    - Increases work-based protective factors for substance abuse



# Target Population

- Young workers recently entering into the labor force/or unstable labor force participation in the retail and low-waged service industry



# Implementation History

- DFBH Houston has implemented this intervention over 5 years
- The HYW intervention will be age-modified for young workers
- About 40% will be Latino, 30% White, 20% African-American, and 10% other
- About 60% male and 40% female



# Primary Components

- Four 1.5 hour sessions composed of 5 components/domains, including:
  - Workplace and drug use information
  - How to succeed at the workplace
  - Others



# Delivery Mechanism

- Group setting inside and outside the workplace



# Products

- Pamphlets
- Videos
- CD-ROM
- Group counseling/discussion





# Expected Intermediate and Long-Term Outcomes

- Intermediate
  - About 30% decrease in work-based risk factors
  - About 30% increase in work-based protective factors
- Long-Term
  - Job stability
  - Job satisfaction
  - Drug-free life

